

# NEWINGTON PARKS AND RECREATION PRESENTS...

## 'Fat Friday' Zumba

*For Adults ages 16+*

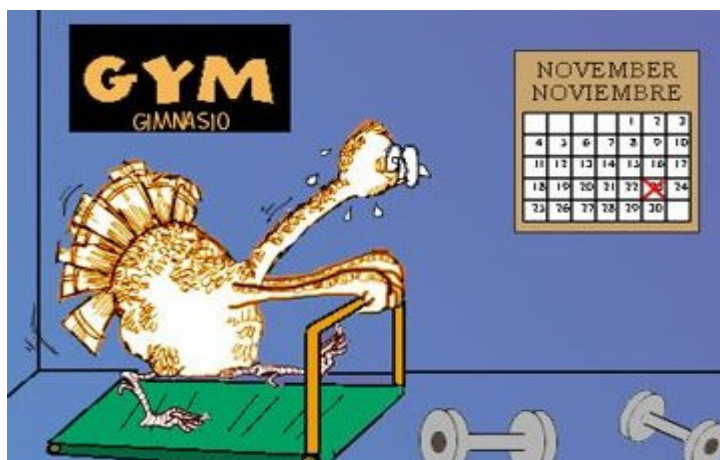
### Get a Head Start Working off that Thanksgiving Dinner!

Gobble up the extra Thanksgiving calories, then join us on **Friday, November 27th, at 11:00 a.m.** to burn them off!

Newington Parks and Recreation is offering this free Zumba class to keep you on track. Registration is required, and all participants must bring one (or more!) non-perishable food item to benefit the Town's food bank.

**What IS Zumba??** Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for adults of all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!

To register, please visit the Parks and Recreation office, or call 860-665-8666.



*Instructor: Jenn Trent and Carrie Tartaglia*

*Location: Mortensen Community Center Gymnasium*

ID:	Time	Date	Fee
6612	11:00 a.m. - 12:00 p.m.	Friday, November 27	FREE* *Pre-Registration is Required!